












Zoom local# - (301) 715-8592
Meeting ID - 816 7131 7461



Senior Center Zoom Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
10:00-11:00 Positive Affirmations 11 – 11:30 Nutrition Ed w/ Ms. Minor 11:30 – 12:00 Yoga Monday-w/Mr. Williams 12:00 – 1:00 – Lunch 1:00 – 2:00 Snap Education with Lynnitta 2:00-4:00 Spades Tournament	10:00-11:00 Group Coffee-n-Chat 11:00 – 12:00 Get Over It -workshop w/Markesha -Iylana Vanzant 12:00 – 1:00 – Lunch 1:00 – 2:00 Legal Counsel for the Elderly Presentation	10:00-11:00 Senior Center Meeting (Lucky Seat) 11:00- 12:00 Strength Training- w/ Mr. Williams 12:00 – 1:00 – Lunch 1:00 – 2:00 Dementia Workshop w/ DACL Session 1	10:00-11:00 Morning Icebreakers 11:00– 12:00 Summer Trivia 12:00 – 1:00 – Lunch 1:00 – 2:00 Family First Life Presentation 2:00-4:00- Healthy Food Demo w/ Markesha	TRIP Grand E-Bufferet & Grill 
9	10	11	12	13
TRIP Father's Day Event At Karin House (Community Trip to and from KH) 	10:00-11:00 Group Coffee-n-Chat 11:00 – 12:00 Get Over It -workshop w/Markesha -Iylana Vanzant 12:00 – 1:00 – Lunch 1:00 – 2:00 Pest/Rodent Control Presentation w/DOH	10:00-11:00 Morning Group (Social Circle) 11:00-12:00 Strength Training – w/Mr. Williams 12:00 – 1:00 – Lunch 1:00 – 2:00 Beach Picture Frames w/Markesha 	TRIP Amish Market  3:00 – 4:00 Divine Mind Therapeutic Group w/Stephanie	10:00-11:00 DIY-Activities Package 11:00– 12:00- How to stop overthinking w/Denise 12:00 – 1:00 – Lunch 1:00 – 2:00 Celebrating Pride Month (Snacks) 

<p>16</p> <p>10:00-11:00 Group Coffee -n- Chat (Positive Affirmations) 11:00 – 12:00 Yoga Monday – w/ Mr. Williams 12:00 – 1:00 – Lunch 1:00 – 2:00- 3 D Wood Butterflies w/Markesha</p>  <p>2:00-4:00 Celebrating Men's Mental Health Month w/Denise (Snack's)</p>	<p>17</p> <p>TRIP Senior Services Boat Cruise w/Georgetown</p> 	<p>18</p> <p>10:00-11:00 Group Coffee in Chat- 11:00- 12:00 Strength Training w/Mr. Williams 12:00 – 1:00 – Lunch 1:00 – 2:00 Plants-Blooms-Therapeutic Workshop w/Kafia</p> 	<p>19</p> <p>Happy Juneteenth (Senior Center Closed)</p>	<p>20</p> <p>11:00 – 12:00 Trivia for prizes! Food Delivery (Kuehner House) No in-person activity on this day.</p> 
<p>23</p> <p>10:00-11:00 Group Coffee -n- Chat (Music Therapy) 11:00 – 12:00 Yoga Monday – w/Mr. Williams 12:00 – 1:00 – Lunch 1:00 – 2:00 Skin Care Presentation w/Community Skinnervation 2:00 – 4:00 Co-current programming (Participants Choice)</p>	<p>24</p> <p>10:00-11:00 Current events w/Markesha 11:00 – 12:00 Arts-n-Crafts Activities</p>  <p>12:00 – 1:00 – Lunch 1:00 – 2:00</p> <p>B I N G O</p>	<p>25</p> <p>10:00-11:00 Group Coffee in Chat- 11:00– 12:00 Technology Workshop w/DACL 12:00 – 1:00 – Lunch 1:00 – 2:00 Comedy Hour w/Markesha (Snacks)</p> 	<p>26</p> <p>10:00-11:00 Current events w/Markesha 11:00 – 12:00 Strength Training – w/Mr. Williams 12:00 – 1:00 – Lunch 1:00 – 2:00 Meditation Coloring/Music 2:00 – 3:00 Social Circle- (What's New) 3:00 – 4:00 Divine Mind Therapeutic Workshop w/Stephanie</p>	<p>27</p> <p>10:00-12:00 MOVIE DAY 12:00 – 1:00 – Lunch 1:00 – 2:00 Continue: MOVIE</p> 

10:00-11:00

Quilt Project/Shop Talk



(Lucky Seat)

11:00-12:00

Yoga Monday – w/Mr. Williams

12:00 – 1:00 – Lunch

1:00 – 2:00

June Birthday Celebration



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During Pride Month, we celebrate the extraordinary courage and contributions of the Lesbian, Gay, Bisexual, Transgender, Queer, and Intersex (LGBTQI+) community. We reflect on the progress we have made so far in pursuit of equality, justice, and inclusion. We recommit ourselves to do more to support LGBTQI+ rights at home and around the world.

[A Proclamation on Lesbian, Gay, Bisexual, Transgender, Queer, and Intersex Pride Month, 2024 | The White House](#)



June is Men's Mental Health Month



Joanne Buford 6/16

Florence Canada 6/17

Laura Grant 6/25

RECIPE FOR THE MONTH:

Seasoned Tilapia Fillets

INGREDIENTS:



- 2 tilapia fillets (6 ounces each)
- 1 tablespoon butter, melted.
- 1 teaspoon Montreal steak seasoning
- 1/2 teaspoon dried parsley flakes
- 1/4 teaspoon paprika
- 1/8 teaspoon pepper
- 1/4 teaspoon dried thyme
- 1/8 teaspoon onion powder
- 1/8 teaspoon salt
- Dash garlic powder

DIRECTIONS

1. Preheat oven to 425°. Place tilapia in a greased 11x7-in. baking dish; drizzle with butter. In a small bowl, mix remaining ingredients; sprinkle over fillets.
2. Bake, covered, 10 minutes. Uncover; bake until fish just begins to flake easily with a fork, 5-8 minutes.